

Mechanics of Arrest, Restraint and Control:
NM Law Enforcement Academy Core Curriculum

Instructor Guide

Course Title: Mechanics of Arrest, Restraint and Control: NMLEA Core Curriculum

Instructional Goals:

1. Present to the student a Custody Control/Defensive Tactics/Self Defense System that will develop the attitudes, knowledge and skills that are court defendable, street functional and teachable.
2. Through demonstration and student repetition in practice develop skills that enable the student to accomplish custody procedures.

Instructional Objectives:

Students will participate in a written examination with a minimum score of 70 % and demonstrate skills proficiency in all techniques approved by the NM Law Enforcement Academy Board.

DEFENSIVE TACTICS

1. Identify the concepts and history of custody procedures.
2. Demonstrate techniques/procedures used to counter empty hand attacks. Which includes but not limited to:
 - a. Blocking
 - b. Leverage Takedowns
3. Identify and demonstrate the use of:
 - a. Baton
 - b. Knees
 - c. Elbows
 - d. Kicks
 - e. Open Hand Strikes
Brachial Plexus stun
 - f. Weapons of Opportunity (dangers of their use)
4. Identify areas of the body that are potentially lethal when struck using any of the above techniques.
5. Identify the angles of attack with an edged weapon (excluding a firearm). Demonstrate control or separation procedures.
6. Demonstrate proficiency using a handgun retention technique, which address a subject trying to remove the officer's weapon.

- a. Officer's weapon holstered - attacked front and rear.
 - b. Officer's weapon being held by the officer
7. Demonstrate proficiency with handgun takeaway with a weapon held by the subject
8. Demonstrate proficiency in the following ground control techniques / procedures:
 - a. Shrimping
 - b. Figure four weapons retention
 - c. Escape from mount, side mount and guard
 - d. Grape Vine
 - e. Sprawling
9. Demonstrate proficiency in verbal control and body positioning for subject custody / control procedures.
10. Ability to differentiate between "Terry Frisk" and search incident to arrest.
11. Demonstrate proficiency in handcuffing procedures which include but not limited to:
 - a. Compliant cuffing
 - b. Unknown risk cuffing (kneeling)
 - c. High risk/felony prone cuffing
 - d. Emergency cuffing
12. Demonstrate proficient removal of handcuffs and control of a subject.

Instructor Requirement:

The instructor must be trained and certified by attending a NMDPS LEA approved Defensive Tactics Instructor course.

Instructional Methods:

Lecture / PowerPoint presentation, demonstration (classroom and gym) and gym student practice.

Space requirements:

Gym with quality mats, approximately an area of 30 feet by 60 feet when training 40 participants or 45 square feet per student. This serves as a training area and as a safety net in case of programmed or unplanned falls.

Handouts:

Student guide and PowerPoint note pages.

Relative Positioning Diagram, John Desmedt, 1982;

Impact Areas Diagram, NMDPS;

Estimated Time:

60 Hours

Bibliography and Resources:

Desmedt, John & Marsh, Jim, **Speedcuffing**, Odin Press 1982

Lindell, James W. **Handgun Retention System**, Odin Press, 1979

New Mexico Department of Public Safety, **Impact Areas Diagram**, 2013

US Department of Energy;

PPCT Management Systems, Inc.

Prepared by: The Defensive Tactics Review Committee **Date:** October 18, 2013

SAFETY CONSIDERATION: Proper warm up and stretching to reduce chances of injury.

EQUIPMENT, PERSONNEL, AND SUPPLIES NEEDED: Mat room large enough to fit class size, strike pads (1 for every 2 students), training batons (1 for 2), inert training handguns, which fit the student's holster (1 for each), first aid kits and additional supplies to care for abrasions.

INSTRUCTOR RATIO: 1 to 10

EVALUATION STRATEGY: Cognitive & psychomotor skills testing

AUTHOR & ORIGATION DATE: NMLEA Staff

REVISION / REVIEW DATE(S): 2/4/2014

REVIEWED/REVISED BY: M. Overby et al.

I. Introduction and overview of Course (Lecture)

Surprise, speed, skill, stamina and strength, these five elements are essential to the success of any method of self-defense. Officers should strive to maintain a level of physical fitness that will improve their chances of surviving a physical attack. In an ever changing world and culture in the United States, mixed martial arts and other fight disciplines are continuing to increase in popularity at alarming rates. To stay safe we have to train as well. Many of the techniques presented in this course have roots in mixed martial arts and other fight disciplines. However, learning these techniques now

and failing to practice later will place you at a disadvantage. As with any skill, if the student doesn't continue to practice or use the skill it will diminish and not be there when it is most needed.

To be successful in this day and age, officers must be prepared to survive not just physically, but more importantly we must be of the proper frame of mind to go home after every shift. If an attack comes, not only do we have to be physically ready by staying in shape and practicing, but we also have to prepare ourselves to use our skills and commit to doing whatever it takes to go home. Many of these techniques work best using the element of surprise, so if and when you use them be quick, be proficient and be committed to surviving. Remember, your best defense is your awareness.

II. Pre-training basics:

- A. Interview stance (solid base to resist attack and for leverage)
 - i. Center of gravity
 - ii. Maintain 2 arms length from subjects
- B. Movement (in response to movements/attack from assailant to gain tactical advantage by moving toward higher numbers and to the outside of the assailant. Heavily dependent on the depth and intensity of the attack.)
 - i. Avoid crossing your feet
 - ii. Lead with same foot you are going in direction of...
 - iii. Step and pivot (face your fight) vs. step and slide
 - a. The step and slide is intended to build muscle memory to keep officers from crossing their feet in response to an attack. In response to a close quarters, empty hand attack with no time to draw alternate weapon system, the officer will step to the outside of the attacker and face the fight
 - b. In response to an attack and if the officer has an opportunity to draw a baton, the officer will step to the outside of his attacker, keeping feet on "railroad tracks" and load the baton for a strike. The officer will then pivot towards the assailant, opening the hips, while delivering the strike(s).
 - i. Hands should be protecting your face (block and parry) or drawing tools from tool belt
 - c. Breakfalls (primarily needed to prevent injury primarily during mat time practice)
 - i. Front (modified-from the knees)
 - ii. Rear (modified-from the squatting position)
 - d. Escort position (affords little actual control, also serves as a precursor to armbars)
 - i. Used to move compliant subjects from one location to another
 - ii. Proper "C" clamp placement using thumb/middle finger at the wrist
 - iii. Cupping the subjects elbow
 - iv. From the 2 ½
- C. **Documenting use of force incidences (reinforce throughout)**
Every officer must be able to write down in plain and simple terms what happened in a use of force incident. Key points to remember during the documentation:
 - What brought you to the encounter in the first place?**
 - Who was there? (everyone present)**
 - What did the subject say or do that caused you to act or react**

**How did you perceive the subject's actions or words that led to your actions?
Did you feel threatened? By what was said, gestures, physical features,
disparity of force.
What did you do? Techniques?
How did the subject react?
How did you handcuff?
How did you search?
What did you find and what did you do with it?
Was Miranda given?
Give a complete, detailed account in chronological order of what happened.**

III. Skills/Techniques

A. Arm bar Takedown:

1. Front arm bar (straight down)
 - a. Begin from the escort position (firm "C" clamp on wrist, inside hand cupping arm just above the elbow).
 - b. Rotate the hand that's on the elbow over the top of the elbow joint creating a "goose neck" forcing the elbow joint straight.
 - c. With both of the officer's elbows tucked in tight to the officer's body, begin putting downward pressure on the elbow, toward the ground
 - d. At the same time, drop the inside knee **straight down** to the ground.
 - e. The officer should be giving voice commands to the subject, telling him/her what needs to be done.
 - f. This technique is generally followed immediately by face down stabilization.
2. For best results, execute at the first indication of resistance and execute quickly

B. Rear Choke

1. Front throw
 - a. Secure the subjects arm to clear officer's throat/airway (note which arm the subject grabbed with)
 - b. Lower your center of gravity
 - c. Drop to one knee (same side as subject's arm used against you) and if possible, trap the subject's same side ankle
 - d. Violently rotate the torso
 - e. Use of proper technique to throw subject to the front (back straight, shed subject off your back. Sharp/crisp movements) Maintain control of subject's arm
 - f. Consider the alternative—eliminate dropping to one knee.
 - g. After the subject has been thrown, move to face up/face down stabilization or disengage and get distance
1. Rear throw
 - a. Secure the subjects arm to clear your airway (note which arm subject grabbed you with)

- b. Officer reaches back with foot and trap subject's foot
- c. Violent 180° rotation outward pivoting against hooked leg
- d. Once facing opposite direction, while subject's leg is trapped, step forward with other foot to throw subject.
- e. Disengage or establish control using face up to face down stabilization
- f. Deadly force? Options if the choke is deep and strong?
 - i. In the event you feel you are about to be rendered disabled or unconscious, you need to use any amount and type of force you feel is necessary to prevent serious bodily injury or death to yourself.

C. Face up to face down stabilization

1. Rhode Island Red

- a. Suspect lying face up on the ground
- b. Officer establishes "C" clamp over the wrist (similar to escort hold) Officer will take suspect's wrist with his same side hand (right hand to right hand)
- c. Officer places inside foot next to the same side latissimus dorsi muscle
- d. Officer rotates "C" clamp forward while pulling the arm upward. This causes the suspect tricep muscle to rest against officer's tibia, creating pressure against the tricep.
- e. As the suspect's torso begins to raise up from the ground, the officer pulls the suspect's arm behind him and in the direction of the small of the back.
- f. As the suspect begins to turn over onto his/her stomach, the officer may place his free hand onto the back of the suspect's shoulder and push the subject into full face down stabilization.

D. Blocking Empty Hand assaults with Empty Hands and follow up strikes:

1. Parry & step to higher numbers using angles to your advantage

- a. Using same side hand, deflect punch in the same direction it is already going, using its momentum.
- b. As the striking hand misses and passes by, officer immediately steps to the outside of the assailant attempting to move as quickly as possible to the relevant position of advantage.
- c. Simultaneously, officer must decide to establish control via take down or disengage and gain distance.

2. Circular or round-house aggression

- a. Block
 - i. Both hands up to stop the progress/forward motion of the strike.
 - (1) Officer's palms should be facing in, towards the officer.
 - (2) Officer aims to block forward motion at the forearm and upper arm/bicep area
- b. Brachial plexus/Brachial plexus tie-in strike
 - i. These strikes follow the block if needed and may serve to prevent further attack and give the officer an opportunity to gain distance as necessary or establish control. (See Brachial Plexus strikes below)

E. Rear Sit-out

1. From directly behind the subject, officer wraps both arms around subject's waist, locking hands together. Head should be down protecting face from elbow strikes.
2. Officer will place same side foot behind suspect's foot
3. Sit down on your same side hip (on one hip, not square on butt)
4. Officer can then either work to back control or disengage and create distance

F. Knee Strikes

1. Use in the event the attack is too close and too quick to get away from safely and effectively
2. Establish two hand grab around back of the neck (palm to palm, bring your elbows together tight), Bend the top wrist down to strengthen/tighten the grip.
3. Load by reaching back with strike knee
4. Load by stepping down forward with the non-impact leg
5. As officer delivers the knee strike, drive hips forward to aid in gaining depth and penetration. Aim for an area 6" behind strike/target.
6. Delivery
 - a. Repeat as necessary to stop the attack
7. Execute a throw
 - a. Officer should take a large step back with one leg and guide the suspect's neck/head all the way to the ground
8. Officer may then disengage and get distance

G. Kick Strikes

1. Standing kicks
 - a. Both of officer's hands will be up to protect his/her face.
 - b. With non striking leg, officer will take a slight step to position/turn the toe of the plant foot **outward**.
 - b. With strike leg, officer will deliver a kick to the thigh of subject using the top of the foot/lower leg region (do **not** kick w/toe)
 - c. Rotate hips to achieve maximum penetration and power
 - d. Repeat as necessary to stop the attack
 - e. Officer will look for an opportunity to disengage/gain distance or prevent further attack
2. Grounded kicks
 - a. Lay on your hip and post on same side elbow with your hands on the ground in front of you.
 - b. Load strike leg as far back behind you as possible
 - c. Strike the thigh/shin area of your attacker
 - d. Fight to your feet
3. Grounded heels
 - a. Sit on your butt and post up on your hands or forearms depending on the depth and intensity of the attack (posting on your hands is ideal for more mobility and thrust of the kick. May have to post on forearms due to the lack of reaction time.)

- b. Strike with and upward motion of your heel (do not use your toe or the ball of your foot)
 - c. Move with your subject as he/moves
 - d. Fight to your feet
- 4. Follow through
 - a. Aim for area 6" behind strike target

H. Elbow Strikes

1. These strikes are designed and intended to use when the attacker is close, almost smothering the officer's movement and closer than full arm extension distance.
2. Deliver strike with elbow tip (don't push)
3. Shorten strike by rotating the hand into center of officer's own chest. This locks the joints and makes the elbow strike more solid/effective.
4. Points to remember
 - a. Exhale on impact
 - b. Protect your head/face
 - c. Intent of the strike: aid in disengagement/gain distance or prevent further attack
5. Direction of strikes
 - a. Vertical up
 - b. Horizontal forward
 - c. Horizontal back

I. Open handed Strikes

As a **distraction technique** only

An attacker is strongest when their mind and body are unified. A distraction strike, especially to the face, is a quick and instant means of separating the attacker's mind from the body and will afford that split second you need to use a technique to gain control or disengage and create distance. Due to their nature, open handed strikes are not bone on bone strikes and have a low potential for injury to the officer and the offender. (Although the intensity at which they are delivered is not regulated, good, firm and quick strikes should interrupt the thought processes of the attacker and give the officer just enough time to do something else). These strikes are **NOT** intended to incapacitate or cause a debilitating injury to the attacker.

1. To the face
2. To the chest

J. Brachial Plexus Stun

1. Brachial stuns are effective and reliable defensive counterstrikes designed to stun and stop the actions of an assailant. This technique can be delivered with the back of the hand, the inside of the hand, the inside of the forearm, or the outside of the forearm.

2. Delivering the strike
 - a. When striking with the palm or front of the forearm (essentially a forward strike), step to the rear with the dominant foot this will allow the hips to “open” and rotate, giving the strike its maximum power.
 - b. Strike the side of the neck, approximately six inches from the base of the neck and drive toward the center of the neck
 - c. When striking with the back of the hand, the dominant foot should be forward. Stepping forward into the subject with the lead foot will allow the officer to increase the power of the strike.
 - d. Target area is the same as above.
3. Affects of the Brachial Plexus Stun
 - a. Medium to high-intensity pain
 - b. A weak motor dysfunction to the affected arm and hand
 - c. Possible immediate cessation of motor activity
 - d. Sign of submission (probable)
 - e. Mental stunning, 3-7 seconds
 - f. Low levels of unconsciousness
4. Although the brachial stun is a safe technique, the officer should avoid using a bladed hand, hammerfist, or bony area of the wrist or forearm unless the officer is justified in the use of deadly force. These variations of the brachial stun could cause chipping of the cervical vertebrae and have lasting medical implications (*PPCT Management Systems, Inc*).

K. Outside Leg Sweep

1. Establish your grip (arm/shoulder lock or trapping arm and pulling in close)
 - a. Arm trap and shoulder control
 - i. Suspect swings at the officer (a circular or roundhouse punch)
 - ii. Officer traps suspect's arm under suspect's elbow with his arm or officer grabs wrist
 - iii. Officer pulls suspect in close with other hand holding onto shirt or shoulder (also serves to control the fall as suspect goes to the ground)
 - iv. With the officers inside leg, officer drives leg forward and high, then drives the leg back, in a fluid, single motion, sweeping the subject's leg out from under him/her. The target area is the calf directly above the ankle
 - v. The suspect will fall and officer can control the fall using his grip on the suspect's arm and shoulder.
 - vi. Officer can either create distance or go from face up to face down stabilization.
 - b. Arm shoulder lock
 - i. Suspect swings at officer (a straight, circular or roundhouse punch)
 - ii. Officer parries/deflects punch and steps in quickly toward subject

- iii. Officer wraps arms around subjects neck, trapping subjects swinging arm against his neck (officer holds firm pressure, bringing the suspect in close and tight)
- iv. With the officers inside leg, officer drives leg forward and high, then drives the leg back, in a fluid, single motion, sweeping the subject's leg out from under him/her. Target area is the calf directly above the ankle
- v. The suspect falls and officer falls on top of suspect
- vi. While maintaining the arm/shoulder lock the officer immediately establishes top control
- vii. Officer immediately establishes top control handcuffing

K. Baton Strikes:

- 1. Baton use (expandable)
 - a. Use Philosophy (Review)
 - i. Explain the concept of aggressor vs. aggression
 - (1) The focus of your counter strike will depend on the level of aggression in all circumstances. Your efforts will be to focus on stopping the aggression and not the aggressor. If a person has a knife and attacks you and you don't have a chance to draw your firearm, your focus is to stop the knife attack. If someone kicks at you, your baton strikes will target the leg being used to kick at you until the aggression stops. If the aggression continues, you may need to increase your efforts with multiple strikes or using another defensive tool.
- 2. Baton nomenclature, materials/manufacture
 - a. End cap
 - b. Retention clip
 - c. Shaft
 - d. Tip
 - e. Manufactured using cold rolled steel (bendable, designed to give)
- 4. Medical Implications of Baton use:

When deploying a baton as a counter measure it is recommended that officer strike muscle groups as a primary specific target area, bones as a secondary specific target area and joints as a third specific target area. Although the dynamics of the encounter may not allow for the exact baton placement when striking an individual, it is your goal and intent to deliver baton counter measures in this order. By doing so; you will maximize your ability to control while minimizing the potential for injury.

Target Areas of the human body:

Strike/Target area: Extremities (arms and legs, front and back)

Increased potential for control, lower potential for permanent or serious bodily injury.

Avoid Strike Area: Head, neck & torso (groin to the collar bones, front and back). Lower potential for control, higher potential for permanent or serious bodily injury

Head and neck, collar bone to the groin (front, sides and back) should not be targeted with a baton unless deadly force is warranted and necessary.

Recognize that fights are dynamic and although not aiming for the head or neck, strikes to these areas may be unavoidable due to the movements of the attacker.

5. Fundamentals of baton use

- a. Grip, carry and drawing
 - i. Firm grasp of the handle
 - ii. Cross draw
 - a) Baton in holster, worn on “off” side of duty belt
 - b) With strong/gun hand, officer reaches across his/her body and establishes a grip on the baton handle
 - c) Officer pulls baton out of the holster and prepares to load for a strike or carry
 - iii. Offhand draw
 - a) Baton in holster worn on “off” side of duty belt
 - b) With “off” hand, officer establishes a grip on baton handle
 - c) Officer pulls baton out of the holster and transitions to strong hand to prepare for a strike or carry.
 - iv. Consider never carrying an additional use of force option on the same side you carry your gun.
- b. High profile
 - i. Officer draws the baton and with a quick, hard snap of the arm/wrist, extends the baton and holds it over his/her shoulder as a show of force
- c. Low profile
 - i. Officer draws the baton and holds low, near his/her thigh. The baton can be extended or in the closed position.
 - ii. If the baton is held in the closed position, the officer can easily and quickly extend the baton with a quick hard snap of the arm/wrist as he/she loads the baton for a strike

6. Movements and counter angle positioning

- a. With every strike, officer should always move to higher numbers (relative positioning) and out of the center of the attack.
- b. Movement should be such that the officer doesn't cross his/her feet
- c. Officer should always protect his/her head from subject counter strikes

7. Multiple subject techniques / procedures

- a. The attacker closest to the officer should be dealt with first
- b. Officer should keep one attacker between himself and the second attacker
- c. Avoid crossing between attackers
- d. Never turn your back on an attacker

- e. Try to keep your back away from walls (stay mobile)
 - f. Consider other options
 - i. If an officer feels as though deadly force is necessary due to disparity of force issues, other options should be considered up to and including drawing and discharging his/her firearm.
8. Generation of power during strikes
- a. Relax
 - b. Correct body position and mechanics
 - i. Officer's trailing foot should remain on the ball of the foot which will allow the officer to open his/her hips for strength and power
 - c. Focus and accuracy
 - i. Depends on the dynamics of the fight. Essentially, using proper movement and technique, and depending on availability of the target areas due to the movement of the subject, aim for and strike those target areas until the subject stops attacking
 - ii. Remember target areas are large muscle groups, joints and bones of the extremities
 - d. Strike through vs. surface strikes
 - i. Follow through is important, always rotate your hips and strike through the target area.
9. Soft baton practice
- a. Movement with strikes #1, #2
 - b. Movement and counter strikes
 - c. Multiple subject techniques / procedures
- L. Joint Locks (learn to recognize the availability of any given technique when a suspect resists and presents an opportunity)**
- 1. Wrist lock
 - a. Any opportunity that allows for the hand to be bent forward at the wrist
 - b. Requires opposing pressure on the elbow
 - c. Continued downward/forward pressure on the wrist causes moderate to severe pain
 - d. Officer should be using verbal commands to direct the subject to stop resisting.
 - 2. Twist Lock
 - a. Any opportunity that allows for the elbow to be bent at approximately 90 degrees (Aikido window) and the hand to be rotated (twisted) against the natural rotation of the wrist
 - b. It is important to twist the hand/wrist correctly while trying to maintain the Aikido window. The bend in the elbow intensifies the pain compliance aspect of this joint lock.
 - c. Officers should be using verbal commands to direct the subject

3. Praying hands
 - a. Any opportunity that allows for the officer to grab the hand of an extended arm.
 - b. Officer will grip suspect's hand tightly using both hands.
 - c. Officer will rotate the wrist to point the suspect's pinky finger up.
 - d. Officer will pull the hand into his chest and hold tightly
 - e. Officer then puts sudden downward and slightly forward pressure on the wrist, keeping the hand/thumb tightly against his chest.
 - f. Officer will drive the suspect to the ground with firm, forceful downward pressure by squatting down rather than leaning forward.
4. Officers should learn to recognize when each of these basic opportunities present themselves in any situation. Each is valuable and effective in gaining compliance and/or stopping the action when empty hand control is required.

M. Vehicle extractions:

1. Position, distraction, extraction
 - a. If your request to get out of the vehicle voluntarily is ignored, physical extraction using a twist-lock technique may be required
 - i. Approach
 - ii. Secure a "C" clamp on subject's wrist and attempt to force it off of the steering wheel and out of the car window. If the grip is strong, use a forearm strike with a closed fist if necessary while maintaining the "C" clamp.
 - iii. Step back and pull the arm straight out of the window and against post of the door
 - iv. With the hand closest to the vehicle, reach behind and around the hand and establish a grip on the meat of the hand covering the pinky side of the hand.
 - v. Simultaneously begin twisting the hand away from your body toward the car. While releasing the "C" clamp and grasping the elbow, creating the aikido window.
 - vi. With the hand on the elbow, begin pulling the elbow up while maintaining the grip on the twist lock to execute the extraction (the officer should try to maintain his body position directly against the side of the vehicle.
 - vii. As the subject's body begins coming out of the window, guide the suspect to the ground into the face down position.
 - viii. Ground stabilize and handcuff
 - ix. Throughout the extraction, verbal directions should be given to the subject
 - x. Be especially mindful of oncoming traffic and keep the suspect from entering too far into lanes of traffic
2. BCSO alternate version
 - a. Open car door.

- b. Hand across face, forcing driver to look away from you
- c. Both hands on either side of driver's head establishing grip with fingers cupping both sides of lower jaw.
- d. Lift up and out, removing driver from the car and directing to the ground.
- e. Handcuffing procedure
- f. Verbal commands should be given to aid in gaining compliances

N. Handgun retention:

Notes: Officers should be constantly aware of where people are with regard to their position and not leave opportunities for an attacker to reach for and grab their gun. Officers should remain constantly vigilant and never allow anyone within reaching distance while their gun is out of the holster.

1. Three step system of Handgun Defense and retention
2. **Secure** the weapon with **two hands** pushing the gun down into the holster
3. **Position** relative to the suspect and attack.
4. Cause a **Release** of the weapon by sudden and violent hip/torso rotation in the direction to hyper-extend the elbow. The rotation of the hips should not take the officer into a position where his/her back is toward the subject. If suspect does not release, officer should repeat as necessary. Simultaneous to the break of the grip, officer checks for his gun. If the gun is still there, officer gets distance, draws the firearm is feasible, (tap, roll, rack, assess) and gives commands.
5. If the attacker re-attacks...you need to make a decision based on the circumstances as to the level of force that you will use up to and including deadly force. Simply stated, the attacker is attempting to arm himself with your gun and if he is able, there is a high likelihood that he will shoot you with your gun. It's no different than if there is a gun on the seat of a vehicle and the suspect reaches for it after you have given the command not to. The suspect is attempting to arm himself for a reason and that reason is to harm you. Are you going to let him get the gun before you take action? Officers must consider the **totality** of the circumstances and if an attacker has made an effort to arm himself, and in doing so attacks with violence, a reasonable officer can infer that he should be in fear for his life and take action to prevent injury or death.
6. Potential Dangers in Weapon Retention
There is a potential danger during a fight that the gun could discharge striking you, the offender or a bystander.
According the 2013 FBI Uniform Crime Reporting website from 2003-2012, of the 69 officers who had their weapon stolen, 92% were shot by the offender with their own gun or another gun.
7. **Attacks and related counter measures or techniques:**
 - a. Holstered handgun retention techniques (keep in mind, your attacker is attempting to arm himself)

- i. Front assault – two hand secure, violent twist of hips/torso
 - a) Rotate in the direction to hyper extend the elbow
 - b) Upon release, check for your gun, get distance, draw, tap/roll/rack and assess
 - ii. Front with pull-in – same side grab assault, violent twist of hips/torso
 - a) Rotate in the direction to hyper extend the elbow
 - b) Upon release, check for your gun, get distance, draw, tap/roll/rack and assess
 - iii. Rear assault – two hand secure, violent twist of hips/torso
 - a) Rotate in the direction to hyper extend the elbow
 - b) Upon release, check for your gun, get distance, draw, tap/roll/rack and assess
- b. Officer holding weapon
- i. Gun barrel grab, front, under grip
 - a) Violently rake the gun downward against the subject's thumb
 - b) Get distance, tap roll/rack and assess
 - ii. Gun barrel grab, front, top grab, same side, cross grab, two hand grab
 - a) With both hands on the gun, violently jerk the gun away from the subject's hand(s) while twisting the gun.
 - a) Rotation down and outside the attacker's strong arm may also work
 - b) Upon release, get distance, tap, roll/rack and assess.
 - c) If the suspect pulls you in, and you feel your life is in danger, consider other force options and use any means you deem necessary to maintain possession of your gun.
8. It is very easy to take a gun away from another person while it's out and exposed. Frequently, if an assailant is able to get the gun from an officer, 92% of the time it will be used against the officer. Consider deadly force options if an attacker attempts to disarm you. (see N.5 above)
9. Firearms Disarming techniques / procedures
- a. Frontal assault, handgun pointed at officer's head/chest
 - i. Simultaneously, with surprise and speed, officer will deflect gun while rotating his/her torso to get out of the line of fire.
 - ii. Immediately, officer will grab suspect's wrist with same side hand ("C" clamp) and grab the gun barrel with the free hand pulling the gun close to his/her chest.
 - iii. Officer will violently turn the gun barrel away from his/her body towards the subject
 - iv. Upon release, officer will get distance, secure the gun and draw his/her own firearm.
 - v. Officer will give verbal commands to gain compliance
 - b. Rear assault, handgun pointed at officer's head/chest
 - i. Officer will quick peek to the rear to assess the position of the gun

- ii. Officer will put his hands up in a non-threatening manner, maintaining a bend in the elbows
- iii. If necessary, officer will back slowly toward the assailant to be within reaching distance of the gun.
- iv. Simultaneously, with surprise and speed, officer will turn his/her torso, striking the gun arm with an elbow or arm while getting out of the line of fire.
- v. Immediately, officer will grab subject's wrist (using a "C" clamp) and grab the barrel of the gun, pulling the gun with the free hand pulling the gun close to his/her chest
- vi. Officer will violently turn the gun barrel away from his/her body towards the subject
- vii. Upon release, officer will get distance, secure the gun and draw his/her own firearm.
- viii. Officer will give verbal commands to gain compliance

O. Pressure sensitive areas

- 1. Concepts: used for pain compliance
- 2. Opposing pressure is required
- 3. Digit application
 - a. straight
 - b. wiggle
 - c. deep penetration
- 4. Continuous verbal direction
- 5. Multiple pressure sensitive areas applied at the same time
 - a. Mandibular angle
 - b. Hypoglossal
 - c. Clavicle notch
 - d. Common Peroneal
 - e. Femoral

P. Knife Defense System

(Attacks: Close quarters and surprise)

- 1. Concepts: To be used only as a last resort for disengagement when the attack comes as a surprise to the officer and he/she is in too close to go to other defense options. The likelihood the officer is going to get cut is high. The objective is to minimize the likelihood that a fatal injury is experienced and the officer can quickly and effectively stop the attack.
 - a. Close quarters: usually within arm's reach
 - b. Forced reaction time: because these attacks are sudden, unexpected and are immediately upon the officer, the officer must react.
 - c. Block, disengage/get distance, draw firearm to defend from the following attacks
 - i. Forward slash
 - a) Forearms up, palms in (block with both forearms)

- b) Open hand strike to the chest or face (to aid in separation)
- c) Get distance and draw firearm
- ii. Back slash
 - b) Forearms up, palms in (block with both forearms)
 - c) Open hand strike to the chest or face (to aid in separation)
 - d) Get distance and draw firearm
- iii. Overhead
 - a) Forearms up, palms in (block with both forearms)
 - b) Open hand strike to the chest or face (to aid in separation)
 - c) Get distance and draw firearm
- iv. Straight stab
 - a) Forearm down (building on instinctive reaction, to block/deflect the forward motion of the attack) and hollow out to avoid the knife
 - b) Open hand strike to the chest or face
 - c) Get distance and draw firearm
- v. Styles/types of knife grips
 - a) Blade forward (cutting style)
 - b) Blade backward (ice pick style)

Q. Handcuffing and Arrest

1. Introduction to Handcuffing techniques

Definitions and principles, handcuff nomenclature

- a. Types
 - i. Chain
 - ii. Hinged
- b. Double locking
- c. Carrying of handcuffs
 - i. Either gun side or off side
- d. Loaded handcuffs
 - i. cheek to cheek
 - ii. keyhole to keyhole
 - iii. single blades facing forward

2. General Arrest Techniques / Procedures

a. Control of subject

- i. Positioning and verbal directions
 - (1) Relative positioning: verbal commands and direction should be given to have the suspect facing away from the officer. Officer should approach from the 2 ½ position on either side of the suspect. If officer approaches on the right side, the officer will place the first handcuff on the right wrist.
 - (2) Loading of the handcuffs (consider if a fight comes, you'll have something in your hands to put away, throw away or otherwise slow your reaction down): Hand cuffs should be loaded in the officer's hands dependant on the handcuffing technique used.

- a. Compliant handcuffing (although the officer is familiar with the subject or the subject isn't giving any cues indicating resistance, the officer should remain ready for resistance and be able to act to counter that resistance at the time it's given): edge of the cheek locked into/slightly above first knuckle of index finger, single blade facing forward, keyhole facing the officer. Officer should pull handcuff below the hand to tighten the grip on chain/hinge. Single blade of the bottom cuff facing in same position as the first cuff.
 - b. Unknown or high risk (officer determines by previous or current knowledge/information that the subject has a higher than normal likelihood of resisting): handcuffs should be loaded using the "Wyoming Twist". The first cuff will be loaded the same as above. The second cuff should be pulled down and held tight, with the single blade slightly offline and inward. Key holes should be facing the officer.
- (3) Maintain control grip throughout handcuffing procedure
- (4) Search immediate area of hands, check tightness, (should be able to insert tip of pen between wrist & cuff) and double lock
- (5) Search incident to arrest.
- a. Complete a full search of the individual and the clothing they are wearing (you may need a warrant to get into backpacks, fanny packs, purses, etc. if it's **not** being carried by the subject). Identify and catalogue every item you find.
- (6) Escorting a handcuffed subject: That subject is now in your care, you are responsible for their wellbeing. Treat them with respect and make sure they are not injured while in your custody.
- (7) Monitoring/supervision of the subject: Arrested subjects should not be left unsupervised while in handcuffs and in the field. Care should be taken to restrict their movements up to and including placement inside a secure patrol unit. Even in the patrol unit, arrestees should not be out of sight of the officer unless there are exigent circumstances.
3. Rear standing handcuffing and search
- a. Compliant (standing with interlaced fingers on top of head or hands behind back knuckle to knuckle)
 - i. Verbal direction will be given by the officer to communicate what the subject needs to do i.e.
 - (1) Turn around, place the hands on top of the head with fingers interlaced,
 - (2) feet spread apart
 - (3) eyes looking away from the officer's voice

- (4) For hands on top of head: Officer loads the handcuffs as described above using the "Wyoming Twist"
 - (5) For knuckle to knuckle: load cuffs with single blade facing same direction).
 - (6) Officer approaches from the 2 ½
 - (7) Officer reaches up with free hand and grabs the interlaced fingers of the subject while reaching under the same side tricep and back through the "aikido window".
 - (8) Officer applies top cuff to the wrist
 - (9) Using the hand cuff to control the arm, officer brings the arm to the small of the subject's back
 - (10) With the officer's other hand still on the subject's free hand, officer brings the free hand to the small of the subject's back.
 - (11) Officer then applies the second cuff, search the immediate area of the hands, check for tightness and double locks.
 - (12) **OR** turn around place your hands behind your back knuckle to knuckle with fingers interlaced
 - (13) Feet spread apart
 - (14) Eyes looking away from the officer's voice.
 - (15) Officer approaches from the 2 1/2
 - (16) Officer loads the handcuffs as noted above with the single blades in the same configuration
 - (17) Officer grabs subject's fingers with free hand and simultaneously applies the **bottom** cuff to the first wrist.
 - (18) Officer then applies the top cuff to the second wrist, searches the immediate area of the hand, check for tightness and double lock.
- ii. Maintain sight of suspect's hands at all times.
- b. Unknown risk (kneeling with hands on top of head)
- i. In an unknown risk situation the threat of harm to the officer is elevated over handling a compliant subject. The intent is to place the subject at a disadvantage such that officer safety and reaction time will increase and subject mobility and surprise attack opportunities will be limited. If the threat of harm is higher or continues to become elevated, the officer should consider the contact a high risk contact and prone the subject out.
 - ii. From a distance of 10 or more feet, the officer begins by assessing the potential threat, given the totality of the circumstances and verifies that the subject's hands are empty (the officer may need to demand to see the open palms of the hands).
 - iii. Officer gives commands to the subject to turn around so the waist line can be examined
 - iv. Officer commands the subject to get to his/her knees and place their hands on top of their head with interlaced fingers
 - v. Officer approaches from the 2 ½ and applies the handcuffs using the same technique as in compliant handcuffing with hands on the head as stated in Q.3.a.i.(6)-(10).

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- vi. Officer will then assist the subject to his/her feet and begin a search incident to arrest.
4. Prone or grounded-handcuffing and search (High risk and/or Felony) using contact and cover principles or alone. High risk/felony stops are inherently dangerous and officers should exercise extreme caution. High risk/felony stops should be done with the officer's gun drawn and at the low ready. If contact and cover officer are present, officers should align themselves to avoid crossfire (L-shape) and establish who contact is and who cover is. Subject should be positioned facing cover officer who also has his gun drawn.
- a. Officer should immediately verify the subject's hands are empty and in plain sight.
 - b. Officer will command the subject to raise his/her hands and turn around to examine the waist line for weapons
 - c. Officer will command the subject to face the opposite direction
 - d. Officer will command the subject to get to his/her knees
 - e. Officer will command the subject to get to his/her stomach
 - f. Officer will command the subject to place his/her hands at his side and raise them off of the ground, thumbs pointed down
 - g. Officer will load his/her handcuffs using the "Wyoming Twist" and approach from the 2 ½ (officer could consider the hands free approach and secure the arm similarly as in face down stabilization if the officer is uncomfortable with the handcuffs in his/her hand on the approach of a high risk subject).
 - h. Officer will simultaneously reach under the subject's hand with his free hand and grab the meat of the thumb while applying the top cuff to the pinky side of the wrist (the initial touch and apply should happen at the exact same time).
 - i. While maintaining the grip on the handcuffs and subject's thumb, officer will rotate the subject's thumb over in an exaggerated motion causing the subject to bring his/her free hand to the center of the back. At the same time, officer will rotate the handcuffs to expose and position the bottom cuff so the single blade will be facing upward.
 - j. While maintaining the grip on the handcuffs, officer will then grab the free hand by the meat of the thumb and drop the free wrist into the bottom cuff.
 - k. Officer will search the immediate area of the hands, check for tightness and double lock.
 - l. Officer should search the subject while on the grounds.
 - m. Officer will place the knee closest to the subject's head on the ground behind the head.
 - n. Officer will post the other foot on the ground and pull the subject's arm over the officer's knee and secure the subject while a thorough and systematic search incident to arrest is conducted.
 - o. To switch sides, the officer will lay the subject back down on the ground face down.
 - p. Officer will stand and place his hands on the subject's tricep near the elbow and put downward pressure.

- q. While maintaining downward pressure on the elbows, officer will shuffle his feet to the other side of the subject and repeat the search procedure.
- 5. Emergency or combat handcuffing
 - a. Emergency or combat handcuffing is used when the subject and officer are in a fight and the officer is able to overpower the subject and get him/her into a handcuffing position.
 - b. Officer will use any reasonable means necessary to stabilize the subject's hand using a before taking out and applying handcuffs
 - 6. Countering Resistance while Handcuffing
 - a. If a subject is going to resist or fight during the arrest procedure it is more likely that he will fight during the application of the handcuffs as opposed to the removal. If the officer encounters any level of resistance or if the subject attempts to turn and fight, the officer should use a "jerk down" technique.
 - i. While maintaining a firm grip on the handcuffs, officer should immediately take a step back with the outside leg and drive the handcuffs to the ground.
 - ii. While subject is on the ground, officer should attempt to establish control and apply the handcuffs using any emergency or combat handcuffing technique possible or disengage and go to another tool.
 - 7. Handcuff Removal: when removing the handcuffs remember the concept of "last cuff on is the first cuff off."
 - a. Position and control of subject
 - i. Officer will direct the subject to spread his/her feet.
 - ii. Officer will inform the subject of his intent to remove the handcuffs and direct him/her to move only when told to do so.
 - iii. Officer will unlock the first cuff and direct the subject to place his/her free hand on top of his/her head
 - iv. While the officer is unlocking the handcuff, the officer will grab the single blade of the cuff to open and immediately close when the subject's hand comes out.
 - v. While holding onto the now empty and closed cuff, officer will take a large step to the same side as the arm that is still in the handcuffs. The step should be large enough that the officer pulls the subject slightly off balance but not so large that the subject has to move his feet.
 - vi. The officer raises the handcuffs up to eye level to release the second cuff.
 - vii. Upon the release of the second cuff, officer will direct the suspect to place his/her both hands on top of the subject's head.

R. Search Techniques / Procedures

- 1. Search incident to arrest (touch, grab, crush)
 - a. male groin search (typically with back of the hand but high risk circumstances may require more thorough touch, grab, crush procedure)

- b. female groin and chest search (typically with back of the hand but high risk circumstances may require more thorough touch, grab, crush procedure)
 - c. Systematic search: divide the entire body into smaller quadrants and search everyone in the same systematic fashion. If weapons or items that can be used as a weapon are in plain view or the officer has knowledge of their existence and placement, those items will be retrieved and immediately secured for the officer's safety and that of the public.
2. "Terry frisk" what are you looking for?
- a. Terry v. Ohio states that we are looking for weapons
 - i. According to Terry v. Ohio, if an officer has reasonable suspicion to believe, based on articulable facts, that a crime has been or is about to be committed and the suspect may be armed, the officer can perform a **cursory** search for weapons **only** . This search should **not** be as intrusive as a search incident to arrest unless the officer has probable cause to justify a more thorough search. The Terry search should be restricted to outside clothing only and an officer may not go into pockets unless he finds what he believes to be a weapon (gun, knife, rocket launcher, grenade etc.)
 - b. If you find one weapon, you're looking for another
 - c. Terry search is usually not as systematic but can be if the officer can justify or has probable cause to search without a warrant. The touch, grab, crush technique should be used to conduct a Terry search.

S. Basic Ground Control and Counter techniques

- 1. Mount Control Position
 - a. Officer seated on chest or stomach of subject
 - b. Subject seated on chest or stomach of officer
- 2. Escape from the Mount
 - a. Officer traps one of suspects hands or arms
 - b. With same side leg as the trapped arm, officer traps suspect's leg
 - c. Officer places other foot flat on the ground
 - d. Officer then violently bucks toward the trapped shoulder, thrusting his/her hips upward while pushing suspect to the direction of the trapped shoulder.
 - e. Officer immediately disengages and fights to his/her feet
- 3. Guard Defensive Position
 - a. Officer with back on ground and subject between legs
 - i. Officer will wrap their legs around the subject (high or low guard) while attempting to grab the subject with hands/arms and bring their upper body in close

4. Escape from the Guard Defensive Position of Subject

a. Subject with back on ground and officer between legs. Subject's legs wrapped around the officer

- i. Officer will make sure they have a good "base" position, (knees apart and balanced)
- ii. Officer will place their hands on subject's lower abdominal / pelvic region locking arms out and forcing subject's pelvis down. Officer should be sitting as upright as possible.
- iii. Officer will push their elbows against the subjects inner thigh area forcing subjects legs open
- iv. Officer will then place one hand under the subjects leg and violently sweep one of the subject's legs over to disengage while using the other hand to protect the head
- v. Stacking

(1) As a defense to triangle choke

a) If the officer finds himself in a position where the suspect has a "triangle choke" locked in, this choke can cause unconsciousness in 6-8 seconds.

1. The proper defense is to not allow oneself to be in this position to begin with by not leaving hands and arms out available for the suspect to grab
2. If the choke position is achieved, officer will immediately place both feet on the ground and push his upper body towards the subjects head with extreme force. This will cause the suspect's waist to bend and create space as well as likely cause the release. The officer should also consider the necessity for the use of other force options up to and including deadly force.

(2) When can officer have it used against him?

a) It is imperative that officer not leave their arms and wrists extended from their body for any length of time. It is very easy for a suspect to grab a wrist and set up an armbar or triangle choke if the arms are extended beyond the officer's core. If an armbar is established on the officer, the officer's arm can quickly be broken by the suspect.

5. Side Mount Control Position

a. Subject with back on ground and officers has body laying across subjects chest (sideways) Bad guy should not just lay on top of officer...be as realistic as possible. Keep in mind the officer doesn't have time to lay there and think. The side mount is most likely a pre-cursor to the top mount and if the top mount is achieved it is more difficult to reverse/escape.

6. Escape from Side Mount Position

- a. Officer with back on ground and subject has body laying across officers chest
- b. Officer will shrimp onto his/her side, the side closest to the suspect's legs. (Shrimping should be taught prior to teaching the side mount escape)
- c. Officer will slide their bottom leg under the suspect, placing subject into their guard defensive position
- d. Or....grounded kicks to disengage and get to your feet

7. Shoulder Locks

- a. Officer is on his back with the suspect in his closed guard
- b. Subject punches at officer
- c. Officer uses empty-hand block to deflect punch
- d. Officer uses his legs and hips to control suspect's body, bringing the suspect closer.
- e. Officer immediately wraps arms around subjects neck, trapping subjects swinging arm against his neck (officer holds firm pressure, bringing the suspect in close and tight)
- f. Officer traps the suspect's same side leg as the arm locked in the shoulder lock
- g. Simultaneously, with the opposite foot, officer will "post" the foot on the ground and violently buck in the direction of the trapped arm/leg, completely rolling over and on top of the subject.
- h. Officer will then be in top mount position
- i. Officer will disengage or execute face up to face down stabilization
 - i. Face up → Face down stabilization
 - (1) Twist lock: key to success- leave as little space as possible and act quickly
 - a) Officer releases the arm/shoulder lock and immediately grabs the suspect's hand palm to palm.
 - b) Officer place free hand on suspect's elbow.
 - c) Officer then simultaneously twist hand and forces it toward suspect's face. At the same time officer pushes on the suspect's elbow rotating the arm clockwise, forcing him to roll over onto his stomach.
 - d) Officer goes into combat/emergency handcuffing

8. Figure Four Weapons Retention

- a. Officer with back on ground and subject is in officers guard defensive position
- b. As the suspect reaches for the officer's gun, the officer immediately places his hand on the suspect's hand and pushes the gun down into the holster. With the same hand officer establishes a grip on the suspect's wrist (keeping downward pressure on the gun)
- c. With the opposite hand, officer reaches over the suspect's tricep and weaves his hand back under the arm and grabs his own wrist (using firm C clamp).
- d. While maintaining a grip on the suspect's wrist with the gun hand, the officer will then force the suspect's arm behind his back, causing him/her to release the gun.

- e. As the officer pushes the arm further behind the suspect's back the officer will have to release the closed guard and post the gun side foot to get out from under the suspect while maintaining the figure four. The officer will have two options:
 - f. Hook the leg over the suspect's back to establish top back control completely shrimp out and fight to disengage and gain distance.
 - g. Officer must ensure the subject does not have the officer's gun before disengaging.
 - h. If the subject does not release the gun or has the gun outside of the holster, the officer should maintain the figure four grip and continue to force the subject's arm toward the back of the head in an attempt to cause a release of the gun through pain compliance.
9. Grape-Vine
- a. Officer with back on ground and subject will be in officer's guard defensive position
 - b. Officer will hook their feet under the subject's legs and push them laterally and away from them (NOTE: this should place the subject flat on their stomach and off-balance)
 - c. Officer will plant one foot and roll over placing subject under them
 - d. Officer will execute face up to face down stabilization (see shoulder locks, 7.i.i.)
 - e. Officer will then use a handcuffing technique to secure subject
10. Shooting In (sprawling)
- a. Officer is standing and subject lunges or runs forward in an attempt to grab officer's legs and take the officer to the ground
 - b. Officer places hands/forearms on subject's shoulders and forces their (officer's) legs back
 - c. Officer places weight onto subject's shoulders forcing them face down
 - d. Officer should look for and attempt to escape as soon as possible and go to another control technique.

T. Discussion regarding choke holds (lateral vascular neck restraints/trachea) and their defenses

We do not advocate the use of the lateral vascular neck restraint but it is necessary to demonstrate the technique to fully understand the proper defenses and their effectiveness.

IV. Conclusion

With and through all of these techniques, skill, speed, strength, stamina and the element of surprise are vital to their success. It's up to each officer to maintain their skills at a level that they can use the techniques with confidence when they are called upon to do so.

COURSE AUDIT

PRIMARY INSTRUCTOR:

SECONDARY INSTRUCTOR:

SUPPORT STAFF (i.e.: Scenario Managers, Role Players, etc):

DATE(S)/ TIME(S) OF INSTRUCTION:

LOCATION OF INSTRUCTION:

RECOMMENDED CURRICULUM CHANGES: Identify inaccurate information, outdated information, new information to be added to update material, etc. (Use additional pages if necessary)

COURSE AUDIT (Continued)

ADDITIONAL INSTRUCTOR COMMENTS: (If any portion of the course content was not presented, indicate the specific content here)

If course content other than the NMDPS TRD approved Basic or PST academy curriculum is taught, the alternative curriculum must be submitted to the Law Enforcement Academy Deputy Director's office and approved prior to delivery of the alternative instructional materials.

☐

Alternative curriculum was taught.

Accreditation number of alternative curriculum:

SIGNATURE

DATE

Primary Instructor

Reviewed by Program Coordinator

Reviewed by Bureau Chief

Reviewed by LEA Director or Designee